

2018

Hungary: Cardiovascular Disease

Taylor Steger

Augustana College, Rock Island Illinois

Follow this and additional works at: <https://digitalcommons.augustana.edu/pubh100global>



Part of the [Cardiovascular Diseases Commons](#), and the [Community Health and Preventive Medicine Commons](#)

Augustana Digital Commons Citation

Steger, Taylor. "Hungary: Cardiovascular Disease" (2018). *Global Public Health*.
<https://digitalcommons.augustana.edu/pubh100global/56>

This Report is brought to you for free and open access by the Public Health at Augustana Digital Commons. It has been accepted for inclusion in Global Public Health by an authorized administrator of Augustana Digital Commons. For more information, please contact digitalcommons@augustana.edu.

Taylor Steger
Global Issues in Public Health



Name: Hungary

Capital: Budapest

Location: Located in Central Europe, surrounded by Slovakia, Ukraine, Romania, Serbia and Croatia

Population: 9.702 million

Ethnic Makeup: Hungarians, Germans, Slovaks, Croats and others

Religion: Jewish, Christianity, no official religion

Info: Worldpopulationreview, 2018

Political Structure: Hungary implements decisions made by Parliament. The

Image: Rough Guides Limited, 2018

government holds Executive Power, which includes members of Parliament and Government Ministers. The Prime Minister is in charge of the ministers to serve the government. This Multiparty System holds public Elections such as general elections that elect the members of the National Assembly and local elections to elect local authorities. Parliament elections are held every 5 years. The National Assembly has 386 members for four year terms (Website of the Hungarian Government, 2017).

Major challenges faced by the nation: Cardiovascular disease is one major issue faced with Hungarian people. The population has 50-60% mortality due to unhealthy diets, smoking, alcohol consumption, fat consumption and tobacco use of its people. All of these collective/individual choices impact the population. Hungary has the highest amount of people with cardiovascular disease out of all European countries. Hungary has also faced challenges internally from its Communist past. These issues influenced Hungarians standard of living and income policies. An external struggle involves mass migration. This is not good for Europe or Hungary because immigrants are seeking refuge instead of their former countries due to unrest in theirs. Hungarian government believes the immigrants are coming illegally to their countries and neighboring countries (The Telegraph, 2018).

Description of the Cardiovascular Disease

Cardiovascular disease impacts a majority of the population in Hungary. Cardiovascular disease is described to be the narrowing of or blocked blood vessels that can lead to heart attack, chest pain or stroke. These blocked blood vessels are due to blood clots called atherosclerosis. The blood clot cuts off the blood flow and the part of the heart muscle that is being supplied with blood begins to die in that artery. Cardiovascular Disease can be caused by high blood pressure, diabetes, smoking excessive alcohol or caffeine, drug abuse and stress (American Heart Disease.org, 2017).

Basic epidemiology: The most impacted groups are the urban areas of Hungary, 73.2%. Ischemic heart disease, stroke and hypertensive heart disease can impact men and women

(American Heart Association, 2018). In Hungary there are resources available to its people from State owned healthcare buildings and funding come from the Hungarian government and state that covers the whole population. Taxation and funding pay for the Health Insurance Fund (HIF) also known as OEP (Buchanan, 2001).

Information: Cardiovascular Disease is identified by cholesterol testing, blood pressure screening, exercise testing and heart scans. The heart and all vessels connected are at risk from cardiovascular disease. Types of intervention methods include the promotion of a healthy lifestyle of the population and its importance. To address this problem, it will take help from the government to implement goals and policies for health. Early detection and screenings will benefit not only the individual but the overall population's health (Shannon, 2010).

Public Health Intervention: A possible method is to produce a strong pill patients consume that are suffering with cardiovascular disease would take to help the vessels from not blocking or narrowing. Another method would be to reduce the production of harmful tobacco, sodium food items and alcohol etc. this would take immense monitoring to help reduce cardiovascular disease.

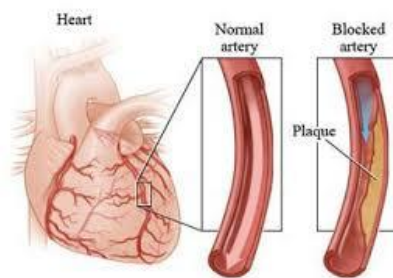


image: Medigoo

References

- American Heart Association. (2017). What is Cardiovascular Disease? Retrieved from Heart.org.
- Buchanan, Tom. (2001). Europe's Troubled Peace: 1945 to the Present, Hoboken: John Wiley & Sons, 2ND Edition, 48-52
- Day, Matthew. (2018). Hungarian plans to tackle illegal immigration are from 'Putin playbook', rights group claims. Retrieved from <http://www.telegraph.co.uk/news/2018/01/18/hungarian-plans-tackle-illegal-immigration-putin-playbook-rights/>
- Hungary Population. (2017-12-20). Retrieved 2018-01-25, from <http://worldpopulationreview.com/countries/hungary-population/>
- Kormany.hu. (2017) Website of the Hungarian Government. Available from <http://www.kormany.hu/en/doc/the-hungarian-state/the-government-and-commissioners/the-government>
- Medigoo.com. (2016). FAQ [Image]. Available from https://www.medigoo.com/articles/atherosclerotic-cardiovascular-disease/http://www.heart.org/HEARTORG/Support/What-is-Cardiovascular-Disease_UCM_301852_Article.jsp#.WmoN01dln-Y
- Rough Guides. (2018). Hungary. Retrieved from <https://www.roughguides.com/destinations/europe/hungary/>
- Shannon, Joyce Brennfleck. (2010). Alcoholism sourcebook: basic consumer health information about alcohol use, abuse, and addiction. Omnigraphics, 3rd Edition, 4-9